The Washington Times Magazine Page

The Scots, who first lived in Ireland, settled in the land which now bears their name, Scotland. The Angles, with other tribes from Germany, settled in what came to be called

Here Are Menus For a Week For the Jaded Housewife

Dear Housewife:

Oatmeal

Boiled Eggs

string and don't know what to have to eat? Read these suggestions. They may

Bananas

Have you reached the end of your | contain a new idea. Then clip them for the next time you feel jaded.

BREAKFAST. LUNCH. Chop Suey (from Sunday's meat). Top Milk Rice.

Rice Griddle Cakes. Fruit Salad.

Tomato Sauce. Stewed Apricots Top Milk Cooked Cereal Brown Bread and Butter. Creamed Chipped Beef Reheated Rolls

THURSDAY. Rice Gems. Apricot Johnny Cake.

> FRIDAY. Corn Fritters. Macedoine Salad. Coffee.

Fruit Salad (from left-over fish).

Brown Bread.

Brofled Sardines on Toast.

Tomato Aspic Salad.

Corn Muffins.

SATURDAY.

SUNDAY.

Top Milk Oatmeal with Bran Eggs Sauted in Butter Broiled Bacon Strips

Oranges

Spanish Omelet

Broiled Bacon

Eggs

Fruit Eggs Baked with Bacon Popovers

-Magazine Editor.

Celery SOUP. Cress Salad Broiled Lamb Chops. Creamed Potatoes. Wafers. Cheese.

Beef Hash. Tartare Sauce String Beans (canned). Corned Beef Hash. Hot Rolls. Tapioca Pudding.

Broiled Steak. Scalloped Potatoes. Stewed Cabbags. Tomato Jelly Salad, Sauce Cake.

Tomato Bouillon. Breaded Veal. Rosetts Potatoes covered with Chees Buttered Peas and Carrots.
Prune Whip.

Brook Trout Genoise (Famous Chef Recipe.) Boiled New Potatoes. Hot Rolls. Mock Charlotte, Custard Sauce.

ed Ham. New Spinach. French Fried Potatoes. Broiled Ham. Cabbage Salad, Apple Dumpling. Lemon Sauce

> Roast Beef. Clear Soup. Browned Potatoes Buttered Asparagus.

How to Like

Housework

By Loretto C. Lynch.

66 AN you say anything that

whole year, my life as a housewife

grows more unbearable each day.

No, it isn't that my husband does

not love me, nor that our income

is insufficient for the necessities of life, but we cannot afford out-

side help, and so I must do it all-

keep the five rooms clean, make

beds, get breakfast by 8 in the

morning and an evening dinner

longed to a family of wealth. I was given an excellent education,

which the family supposed that

some day I should be able to use.

Instead, there is neither muscle

nor poetry in what I must do day

in and day out. And the sad part of it is that there seems no possi-

This was one letter-there was

another one from a college friend,

one of the brightest students we

knew. She wrote delightful poems,

many of which were set to music

and netted her a comfortable in-

come. Then she married. And she

had many of the luxuries of life.

jests of fortune, her husband lost

every dollar he possessed. A min-

ing firm in Alaska offered him a

but I have always boasted that I possessed a real education, and so I

started out to prove to myself that

I really was well educated. For the

herself to circumstances. And so,

out here in the wilds, when the old

Indian I had engaged failed to ap-

pear on washday, I got out that

copy of 'Little Women,' by Louisa M. Alcott, and turned to those lines

"Queen of my tubs, I merrily sing As the white foath rices high.

I happily wash and rinse and wring

Then out in the free fresh air they

To labor at day by day; As I happily wash and rinse and

Head, you must think; heart, von

But hands, you must work your

REAL EDUCATION.

Charming little poem, isn't it? And it contains just the dearest, homeliest bit of philosophy. It gets

the mind thinking right. This seems

to be the keynote to the situation

of which my correspondent com-

plains. She isn't thinking right

when she believes she has been well educated. Her education has been

faulty. She is suffering from what

has been a terrible mistake in view-ing education by the unthinking of

The mistake consists in thinking

that all physical labor is menial,

low and beneath the dignity of one

who has accomplished in the way

of education a certain amount of

book learning. Real education, as

my friend in Alaska believes, pre-

pares one to fit herself to circum-

stances, no matter what these cir-

Men as Soda

"Would you believe it?" asked the

"Yes, I know it wasn't so long ago a man thought he was effem-inate to sidle up to the soda foun-

tain and get a sandwich with it to complete his lunch. But may be the passing of the saloons had

something to do with it. Anyway,

they now outnumber the women two to one. What's their idea?

Well, I'll tell you. They want to eat quick in order to have time for a cigar and a walk, so they

come up to the counter, down the sandwich and a malted, light up and are off for that little noon stroll,"

fountain. "We have more men for

the last generation.

cumstances may be.

customers than women.

And fasten the clothes to dry.

Under the sunny sky.

I cheerfully-learn to say:

well-educated woman can adapt

by one of those inexplainable

For two years this woman

been keeping house in a shack

HOMELY PHILOSOPHY. was a big change," she writes,

ble way out."

"Yet before I married I be-

will help me to like housework? Married a

Have You an Herb Garden?

for a tiny patch of ground than to make of it a herb garden, a patch of taste and smell to gladden the soul. The great secret of foreign cookery and a department in which the American cook is too often lacking in flavoring, particularly for sauces. The French or Italian chef uses quantities of herbs, dried for fresh, often to add tang or zest to a vegetable which has no very pronounced flavor

Stuffing for fowls is dependent for its palatableness upon the herbs which flavor it. Three or four ings an accomplished chef will turn

Only a few plants are needed of each herb. It is a great convenience to have them handy in the kitchen, for when they are needed they are needed badly. A fresh home-grown supply is worth double the dried product obtainable from the grocery

Sweet basil, a favorite of French cooks for soups, stews, dressings and sauces; marjoram, used for the same purposes; thyme, often used in combination with basil and marjoram or alone or with sage; chervil, a floring akin to parsley; mint, to keep the lamb from being lonely and to cook with green peas or to make into jelly (no longer for juleps); summer savory to flavo soups or stews and to cook with herb of the Thanksgiving turkey, and if worse comes to worse, usable as hair dye; annual lavender, the dried blossoms of which make scent bags to be placed among the linen for the dainty fresh fragrance it im parts; a few plants of dill for the pickles; all these in a small space may be grown readily, and all except the thyme will grow from seed. The leaves may be dried and put away in cans, boxes or paper sacks and some housewives merely cut down the whole plant and hang it to dry, protecting it from dust. A few plants of tarragon will furnish leaves for flavoring the salad vinegar and this aromatic herb is also used in cookery.

Giant Skeleton Unearthed. On opening a mound near Greensburg, Pa., the Curator of the Dr. Holland, unearthed a skeleton between eight and nine feet tall. The mound was 100 feet long and more than twelve feet high. The most interesting feature in the recent excavation was the mummified torso of a human body at least 4,000 years old. The parts of the skeleton were shipped to the Carnegie Museum.

Advice to Lovelorn

By Beatrice Fairfax. WHICH OF THE TWO! DEAR MISS FAIRFAX:

I am twenty-five, going about with a girl of eighteen. I was invited to her home recently and introduced to her mother, a widow, pretty and about thirty-seven. I am in love with the mother, more so than with the daughter. Would you please advise me how I could propose to the mother without hurting the feelings of the daughter.

My advice would be to think first of proposing to a woman so much older. When you are thirty-five she will be forty-seven. The difference in age is too great. You are in love with love. Better wait before you propose to anyone.

FORGET HIM.

I am twenty years old, am in love with a fellow, but a married woman broke us up. He claims he loves me, and he came steady for about a a long time afterward. Can you tell me how to bring him back? There is no other fellow I care for as

young to take this affair seriously.

Fine Summer Vegetable

for the summer menu, give it a trial. It is one of the most useful half grown or an inch and a half or have been discarded by gardeners in many cases because they were al-

DEAR MISS FAIRFAX:

much as I do him. BRUNETTE.

I am surprised that you would want to continue to love a man of his caliber. What assurance have you, if you should marry him, that he would not be running after some other petticoat, and perhaps a married one at that,

You are only twenty and too

of the quickly maturing vegetables. In fact, it is supplanting the turnip as a summer dish on many tables. It needs to be sown frequently like the radish, as it matures rapidly and must be used when about two inches in diameter. Kohlrabis

lowed to become too mature as they wanted bigger roots. If the roots. thickening of the stem, for it forms a turnip with leaves upon it above the ground which is the edible portion, grows too targe it becomes woody and fibrous, and is too tough in texture for a table vegetable. It should be used when still small and tender, when it is one of the most delicate of the cabbage tribe.

Did He Love the Wrong Girl? Why Did One Flee?

The Most Fascinating Story of the Year

FOR LOVE

By RUBY M. AYRES

Begins Soon in

The Washington Times

The Woman Observer

LOOK TO YOUR HAIR. Hair! Woman's greatest glory and also her greatest disgrace. Unkempt hair; hair in need of soap and water; bobbed hair, curled hair—there are hundreds of kinds, but in spite of curling irons and brilliantine one seldom sees a "well-groomed" head.

Next time you go to the theater study the coiffures in front of you. Dainty dresses, expensive hats, paint and powder, but the backs of the heads—aren't they awful?

An attractive face is good to look upon, but so is an attractive back. Most women go on the the-ory that just because they can't see their own back, no one else

Many a pretty face has lost its power to charm when an admirer has glimpsed the unbrushed, tan gled mass of hair that decorates the back of the head. With the advent of ear puffs,

girls made the back of their heads look flat like that of an Indian squaw, only the squaw's hair is smooth and glossy. A woman isn't a thing of beauty

when she arises in the morning unbrushed. But a shampoo and wave must last, with the aid of a boudoir cap, from one visit to the

How a Baby **Thinks**

child nature, since it is continually in the act of becom-ing different," says V. Rasmussen in his new work on child psychol-This remark applies to the development in the first four years of child life. The author is emphatic in his opinion that little children should, as far as possible, be allowed to follow their own way. Don't distract their attention un-necessarily, he says; rather come to their aid when they are particularly attracted to any one thing. Let them develop their imagination in their own kind of play.

It might be natural to think that

the child's imagination is most healthily and powerfully developed if it is fed from an early age with tales of wonder and fantastic adventure. But this is a misunderstanding, says Mr. Rasmussen.

In this field, too, the finished toy is less valuable than the bare stick. When the child's imagination is predominantly fed on tales it is bound and prisoned within the limits of the tales. When it works independently, on the other hand, it is free to move, and it attains the farthest bounds possible for each particular child. To this may be added that the

imaginary creations of the tales may easily pervert and distort reality; and even if there is no harm in a child being a visionary, there is something wrong if it never ceases to be one.

A simple method of making ironwork proof against rust is to heat it until it is almost red-hot and then brush it over with linseed oil This will make a varnish which, unlike ordinary paint or enamel, does not chip off.



Fresh From Paris

→ HE one-piece frock is suitable for many occasions, and above are two pleasing examples. Heavy black satin is used for a simple afternoon gown with V neck and short sleeves, having a becomingly bloused bodice, which fastens at the side. A deep pointed pocket stands out in a godet effect at the left of the skirt and is embroidered in two shades of blue worsted. Tiny blue buttons follow the side of the skirt from the lowest point of the pocket to the skirt

OIRET TWILL in a bright shade of green makes the greater part of a pleasing model with over-bodice and under-skirt of black satin. The surplice over-bodice ties at the back in a flat bow. new and unusual form of the double tunic is seen in the spiral effect given this skirt. The long tight-fitting sleeves remind one that. while summer frocks may have sleeves in varying degrees of shortness, Paris decrees that to be strictly proper they must henceforth extend to the wrists.

The Hundred Dollar Question

Senor Saunders! Can't you see?" But Juanita did not answer me. She was not looking at Willard. Her eyes were rlued on the man who stood beside him, half waving, half motioning us to hurry, the tall brown-skinned man who, now that

I could take my gaze from Willard long enough to look. I recog-nized as—"Texas Tiger!" Juanita did not cry out to him as had to Willard. Impulsively as she recognized him she held out her arms. Then she dropped them to her side, bowed her head and mur-

mured: "God is good." But brief as that moment was when Juanita held out her arms to him, "Texas Tiger" must have seen it. A minute later we saw him stoop and untie his shoes, and kick them off. Another minute and he had jumped into the water without even removing his coat, and was swimming toward the boat.

When they pulled him aboard he was pretty well exhausted. It had been a heavy swim. But he did not pause to get his breath. He rushed across the deck to where Juanita was, and held out his arms. I'll never forget the picture of

them as they stood there—he with his six-feet-two inches of wet clothing dripping water while he pressed Juanita's black curly head and rained kisses on the top of her

I moved a step away. But before I moved I saw Juanita raise her face to his. And to save my life I couldn't tell whether thet was sea water or tears which roll-ed down his face—he stooped and pressed his lips to hers. "Juanita," I heard him whisper.

And before she buried her face again in his saturated bosom, she "My gringo!"

CHAPTER XXIV.

And now there isn't much more to Of my meeting with Willardmodesty forbids that I dwell on

exaggeration-that he was glad to see me. And I also may say that, while his shirt bosom wasn't wet when he first met me—as "Tevas Tiger's" had been when he greeted Juanita-it was pretty well soaked after I'd had my head resting on it a few minutes. All the pent-up suspense under which I had been laboring for days broke forth when Willard climbed aboard that boat as we docked, and I found myself in his

"Edy, my little sweetheart!" was all he could say. And he'd hardly said that when they took him from

"I'm sorry this isn't a honey-moon special," the Secret Service man who had come to us spoke half seriously, half lightly. "But I-that is, when you've finished." Of course, that brought Willard

from his exclusive thoughts of me and the wonder of my being there to the more "serious business. Again they left Juanita and me to

ourselves - Willard and "Texas Tiger" now taking charge of the expedition. We didn't land-not right away. There was something to be attended to before we were to feel our feet again on good old solid DEATH BOMB.

As Juanita and I stood there

against the deck rail and watched, the boat suddenly started moving. She backed away from the island a short distance, and then started ahead-circling the island. Just then it occurred to me to

wonder what had become of those other men we had seen on the island-the three other men I was sure I had seen there. But I was soon to know.

We hadn't gone very far around the island when we spotted what looked like a long slender pipe-sticking up out of the water. "She's just going under," I heard Willard say to the captain. "They

can't get away from us now!"
Of what happened later I hate write. course when we consider what Mexicans and Japs-it isn't so bad. But one doesn't like to write of such things happening-not even to one's enemies.

After it was all over-after they'd dropped the depth bomb-Willard came over and stood beside me. He put his arm through mine and for a few minutes we stood there looking down at the water. "Look, Willard" I exclaimed,

pointing out over the rail at the oil which was floating on top of the water. What's 'that?" "That," there was a note of dis-

ress mixed with the triumph in Willard's voice, "That Edy, dear," he continued holding me close to him, "is the last of Alvarez and Ochi and their dirty, thieving outor a few minutes neither of us

RESCUE THE CASKET.

piness of ourselves and the sorrows of the world to speak. Over that part of the story which tells of the restoration to its sacred resting place of the casket of George Washington I shall pass

After the submarine had been sunk we returned to the island, and landed where we first had seen Willard and "Texas Tiger." We didn't tarry long. There was no reason to. The only reason for stopping at all was—we all stood with bowed heads while the casket containing the almost sacred rehave profaned was brought from the island and lifted to a place on our boat, where it was to rest until it was returned to the hallowed tomb from which it had been so removed after more than one hundred years of resting there. "I don't believe 'Texas Tiger' and

never could have done what we did except that we knew we we e doing it for him," Willard told me ater, nodding todward that part of the boat in which the casket was resting. (To Be Concluded Tomorrow.)

TITLE WRITERS, ATTENTION!

THE concluding installment of this nameless serial will be published tomorrow. Someone will receive \$100 for submitting the most appropriate title. Will it be you? Everybody, except employes of The Washington Times and their families are eligible to participate in this competition. There is no limit to the number of titles any man, woman or child

HERE IS THE ONLY RULE

The title must consist of three words or less, it must be original and indicate the character of the novel. The titles must reach Title Editor Before May 15.

The judges will be Mrs. William Atherton DuPuy, President of the American Penwomen's League; Guy F. Bowerman, Librarian of the Public Library, and Vivian St. John, Literary Editor of The Washington Times.

Prune Rose Bushes

To Secure FINEST BLOOMS

a hold has it on the affec-tions of the people that it is often spoken of as the "queen of flowers." Cut-flower roses should have the ground entirely to themselves. They should not be set among other plants nor have other plants between them, not even pansies or other low-growing herbs. They need clean cultivation throughout the season every year.

SECURE FINEST FLOWERS. For the production of individual blossoms of greatest perfection, as well as to secure a succession of bloom, severe pruning of the rose bush must be practiced, say land-cape gardeners in the United States Department of Agriculture. When a large number of blooms of small size is the aim, the pruning is less severe.

When dormant bushes are set in the fall one-half or more of the wood should be removed. In the spring cut back the branches still more, leaving only two or three

How the body Uses Meat

By Brice Belden, M. D. PROTEINS are made up of chem-

ical units just as words are made up of letters. These When the protein, which largely ive juices break it up into its amino-acids. This step is a necessary preliminary to absorption and assimilation, as protein cannot be absorbed as such. Protein introduced directly into the blood acts

like a poison, whereas the amino-acids may be so introduced with impunity. The stomach and the small intes-tine may be regarded as factories in which protein is prepared for

tissue building.
In the cells of the body the process just dscribed is reversed. that is, instead of the breaking down of protein into amino-acids. the latter are joined together to again form the proteins of which our tissues are so largely com-

Just as the same letters will give you different words, according to the arrangement of the letters, and just as the same bricks will give you different houses, depending upon the arrangement of the bricks, so the amino-acids will give you different proteins, according to how they are arranged, and according to tissue requirements. In order to construct tissue protein, the body cells select those amino-acids they need and discard the rest.

It will thus be seen that this breaking down of proteins into their units is a necessary step, since the proteins built by the body cells are not the same kind as those eaten.

The only reply to this is that nature insists upon presenting our food supply in the shape of complex proteins, which have to be converted as described, which, it must be confessed, is practically equivalent to saying that we do not know. At any rate, the digestive tract is a

Prize Cake Recipes

Washington's Best Submitted in Times Cake Contest-Clip Them.

ORANGE TEA CAKES. 1/2 cup butter. 1 cup sugar. 2 eggs (reserve one yolk).

2 cups flour. 3 level to teaspoons baking pow-1 teaspoon orange juice.

Mix in the order given; bake welve minutes. 1 egg volk.

1 tablespoon orange juice and grated rind, enough powdered sugar to make the right consist-ency to spread. Makes twentyfour cakes. Decorate top with nuts or cherries. Mrs. Turley Coburn, 3729 Jocelyn street. Chevy Chase.

stems with four or five eyes on each. The stems will then be six inches or less in length. When dormant roses are set in the spring they should be pruned at the time of planting, leaving four or five eyes on a stem, as above recom-

danger of injury from frost or dry winds, the final pruning, as de-scribed for spring, may be made in

After the first year, prune as soon as freezing weather is ever. In regions where roses never suffer from cold the work may be done in the fall. Remove all weak wood and crossing branches every year. For fine specimen blooms on hybrid perpetuals shorten the remaining shoots to four or five eyes, but for the greatest mass of bloom only one-third to one-half the length of the shoots should be cut away. PRUNE AFTER GROWTH STARTS.

In regions where cold sometimes injures roses, teas and their hybrids should be trimmed later than the other classes, or about the time growth starts. Trim in the same manner as the hybrid perpetuals. Because of their usually more del-icate growth they will look much smaller when the work is done, however. The strongest growing roses should not be cut as short as the weaker ones. When over-pruned, the tendency of the plants is to grow wood rather than to bloom. A few varieties will not stand the extremely close pruning

When pruned for specimen blooms the teas and hybrid teas will be only 6 inches to 1 foot high, China, Bengal, and moss roses should be treated the same as the teas and hybrid teas, except that it is not desirable to cut them quite so closely. Bourbon roses should have only half the length of the shoots removed. Summer pruning is desir-

When a flower is cut from a tea rose or other perpetual bloomer, only two or three strong eyes of the current season's growth of that branch should be left on the plant. This will give the roses very long stems. It may seem like destroying the bush to take so much off, but if the object is the production of roses, the cutting away of the sur-plus wood will attain the desired

The greatest temptation to leave wood is where there are two or ing small when the terminal one is open. This temptation to follow a pinching off all side shoots after oud has formed on the end of a branch. This prevents the formation of two or more buds on one stalk, and will encourage additional olooms on varities which bloom more than once a year.

Is Marriage

Friends" it appears to me that he is trying to discourage young folk from being married.

I agree with him if a girl goes out every night with a different fellow there should be no kissing parties, but if she had a stendy beau it is perfectly proper.

"Bachelor" uses very poor judg-ment when he advises girls to go tend to make them old maids, and furthermore a "Bachelor" is the last should seek advice from. I believe that with the exception of a few cases when people fail to

find their mate, it is their own

FEARS TO MARRY BEAUTY. Is it safe for a man to marry a

beautiful girl? One hears and reads so much of what beautiful girls do that I am beginning to think it is quite unsafe for a man to marry a beauty.

I know a girl, a real, beautiful girl, who apparently is a good housekeeper. This little girl has but one fault-that is, she is always gazing at herself in the mir-When she dances and when she talks she looks into the mirror. Would a person be like that after

marriage or not? I love this girl.

SWING'S SPECIALIZED ROASTING DEVELOPS THE TRUE CUP CHARACTER OF EACH VARIETY



Regal Refreshment Fragrance and richness, fit for a

king, vitalize our coffees. The secret of their superior flavor opulence and delicacy lies in our extreme care in selecting the ber ries, drying and roasting them by our specialized method.

50c Lb. ALSOM DE AVA

50c Lb. So popular was coffee in England that the impoverished Stuart Kings laid a special "war tax" on "coffee in the liquid state," as the easiest means of increasing royal revenues. The tax lessened not at all the popularity of coffee-houses.

ME SWING CO

8th and H Sts. N. W. Now Later. "Mesco" Bld